

Happy New Year

Take your 2011 Health Assessment (from January 1–31) and you could receive an American Express gift card.*

If you are **one of the first 1,000 SHBP CIGNA** members to complete your Health Assessment on myCIGNA.com, you will **receive a \$50** American Express gift card.

If you are not one of the first 1,000 but you complete your Health Assessment in January, you are still eligible for a \$25 American Express gift card while supplies last.

If you completed your Health Assessment in 2010, *way to go!*

2011 starts a new program with new health and wellness opportunities. So, even if you just completed a Health Assessment in December, you can do it again in January 2011 and be eligible for rewards throughout the year.



*New Year =
New Rewards!*



To get started, simply log in to myCIGNA.com and follow the instructions on the back of this card. If you have questions or need assistance, please call **1.800.633.8519**.

**while supplies last*

How to complete your Health Assessment on **myCIGNA.com**:

- 1.** Visit myCIGNA.com and log in using your User ID and Password, and then select “Go.” If you are not yet registered for myCIGNA.com, you’ll need to do this first:
 - a.** On the myCIGNA.com log-in screen, in the bottom-left menu, select “Register.”
 - b.** Follow the registration instructions and enter the required information. When finished, you’ll be asked to log in using your new User ID and Password.
- 2.** Once logged in, click on the RED apple on the right side of the home page. Select the link that says “Take my health assessment now.” Please note: You must follow steps three through five in order to register to take your Health Assessment.*
- 3.** On the next page, select your name. A new window will open to the “my health & wellness center.”
- 4.** Follow the steps to register and complete all required fields.
- 5.** From here, you can take your Health Assessment or join an online health coaching program.

***If you have already registered for myCIGNA.com, simply log in using your User ID and Password and click on the RED apple to take your Health Assessment.**

CIGNA Medicare Advantage members and dependent children are not eligible for this program.

If you prefer to opt out of this drawing, please send an email to LiveHealthy@cigna.com. Please only use this email if you are planning to opt out.

Winners will be notified of prizes via a mailed letter along with a sweepstakes agreement form from CIGNA. Subject to CIGNA 2011 Prize Rules and guidelines for SHBP members as posted on www.CIGNA.com/SHBP.



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